

Equanimity

Part 7.1

Staying Calm in the
Midst of Chaos

Equanimity

Equanimity

is the ability to maintain your calm or
maintain your inner peace,
regardless of what's going on in the
world around you

Whether the environment is noisy and chaotic, or whether you're going through some frustrating experience, the ability to stay calm, to maintain that inner peace, to not react with frustration, or anger, or hatred, but just keeping that in our balance.

think of someone who has this
quality of equanimity

Someone who's able to keep a level head, or to maintain calm under pressure.

Thinking of this person can be a great way to conjure up the feeling of equanimity, this inner balance, and can help inspire us to practice because this is what we're going for.

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We want to cultivate this ability to stay calm, regardless of how chaotic our environment gets.

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“not reacting to anything with craving or aversion”, but just observing what's going on.

Two Ways

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just naturally calling up this quality,
calling up this nonreactive quality of
just observing without reacting with
craving or aversion

Two Ways

using a short phrase, similar to how we steadied our attention with the breath we used that phrase, “rising and falling”, with equanimity, we can use a different phrase to, again, just help conjure up the feeling of equanimity.

“right now, it's like this”

or,

“this is how it is, right now”

cultivating an acceptance of the
present moment, as it is

if you can say this in your mind
with a calm voice, then you can
actually start to cultivate a little
bit of that feeling of equanimity

Example

if you are noticing a lot of distraction in your mind, and you just pause and say, “Ah, right now, it's like this...” or, let's say you're having pain in the body, and you can bring your attention to pain and say, “Oh, right now, it's like this.”

So, what we're doing is cultivating this ability to notice what's going on, without reacting with craving or aversion.

Next Video

Guided Practice